

A GUIDE TO **Nutritional Values** FOR **Alaska Seafood**

Wild Alaska Seafood Nutrition: More reasons to feel good about eating wild Alaska Seafood!

Serving Size 3.5 oz./100g Cooked Portions

	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Omega-3s (mg) (EPA + DHA)
Alaska Whitefish							
Halibut	140	27	3	<0.5	70	40	460
Cod	100	23	<1	<0.5	90	45	280
Alaska Pollock	110	23	1	<0.5	115	95	470
Rockfish	120	24	2	0.5	75	45	450
Sole	120	24	1.5	<0.5	105	70	500
Black Cod (Sablefish)	250	17	20	4	70	65	1800
Black Cod (smoked)	260	18	20	4	737	65	1800
Surimi Seafood: Nutritional values for Alaska Surimi Seafood vary depending on brand and product form; please check the package label for specifics.							
Alaska Shellfish							
King Crab	100	19	1.5	<0.5	1100	55	400
Snow Crab	115	24	1.5	<0.5	690	70	500
Dungeness Crab	110	22	1	<0.5	380	75	400
Scallops*	110	23	1	<0.5	265	55	370
Pacific Oysters*	165	19	4.5	1	210	100	1400
Pacific Oysters 2, raw	80	10	2.5	0.5	110	50	690
Shrimp*	100	21	1	<0.5	220	195	310
Alaska Salmon							
King (Chinook)	230	26	13	3	60	85	1700
Sockeye (Red)	220	27	11	2	65	85	1200
Coho (Silver)	140	23	4	1	60	55	1100
Keta (Chum)	155	26	5	1	65	95	800
Pink	150	25	4	1	85	65	1300
Alaska Canned Salmon							
Sockeye (Red)	165	23	7	2	360	45	1400
Pink	135	23	5	1	400	80	1100



Source: USDA National Nutrient Database, accessible at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed on 8/29/08.

* Values are for mixed species.

The Alaska Seafood logo affirms your support for sustainable fisheries.

www.alaskaseafood.org



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